

WIC (Women, Infants, and Children) Farmers Market Nutrition Program (FMNP)

What is it: A federally funded nutrition program specifically for pregnant and nursing women and children (4 months old and less than a year old) who may qualify for the WIC program (an income-based eligibility). Families receive vouchers to use at the market to purchase specific food items (see the list attached).

How does it work: WIC households will receive six checks over the course of the farmer's market season. When a participant uses the FMNP check(s) at the farmers' market, the farmer will check the ID Folder or sleeve for the correct signatures and

have the participant sign the check(s). The farmer must stamp the check(s) with their assigned vendor

In 2013, 26,804 households spent more than \$210,000.00 at farmers' markets and farm stands using WIC FMNP Checks.

number and endorse the check on the back prior to depositing the check in their bank. The participants must use the FMNP checks on or before **October 18, 2014.**

How to Apply:

1. Complete the application for the WIC FMNP Authorized Farmers' Application (attached here).
2. Attend a very brief, new Farmer Training either with the Market Masters or with Purdue Extension.
3. Post a laminated sign (given to you by the WIC office) next to your booth saying you accept WIC checks
4. Begin accepting WIC at your booth!

Learn more about the program see the handbook at:

[http://www.state.in.us/isdh/files/2014 FMNP Handbook.pdf](http://www.state.in.us/isdh/files/2014_FMNP_Handbook.pdf)

And visit the WIC FMNP Indiana website here:

<http://www.state.in.us/isdh/24776.htm>

WIC and Senior FMNP Approved Food List

Fresh Vegetables

Asparagus
Beans
Beets
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Corn
Cucumbers
Edible Soybeans
Eggplant
Garlic
Greens (any variety)
Herbs (edible)
Leeks
Lettuce (any variety)
Lima Beans
Mushrooms
Okra
Onions
Parsnips
Peas
Peppers
Pumpkins (edible)
Potatoes
Radishes
Rhubarb
Rutabagas
Scallions
Spinach
Sprouts
Squash
Squash Blossoms
Sweet Potatoes/Yams
Tomatillos
Tomatoes
Turnips
Watercress

Fresh Fruits

Apples
Apricots
Blackberries
Blueberries
Cantaloupe
Cherries
Currants
Elderberries
Gooseberries
Grapes
Honeydew
Huckleberries
Melons
Nectarines
Peaches
Pears
Persimmons
Plums
Raspberries
Strawberries
Watermelon

